The Holidays—Obstacles and Opportunities for Weight Maintenance Webinar

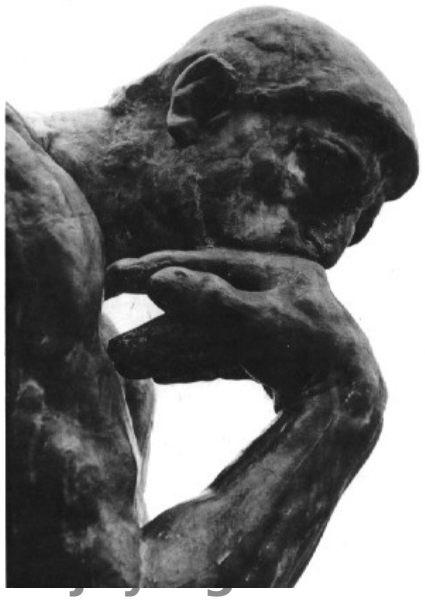
17 October 2012, 1300-1400

Learning Objectives

- **Participants will:**
  - **understand the mindset needed for weight management success and how to foster that mindset in Sailors and Marines.**
  - **gain knowledge and understanding of weight management strategies and nutritional tools that aid in**

Presenters:

- **Steven Heaston, PhD, MPH, Program Specialist for Clinical Prevention, NMCPHC**
- **Diana Strock, MAT, ATC, Program Manager, Physical Fitness/Injury Prevention, NMCPHC**
- **Sally J. Vickers, MS, CHES, Program Manager, Nutrition and General Health Promotion**



Oh boy!
Another holiday season coming.
Can I avoid gaining weight ...again?

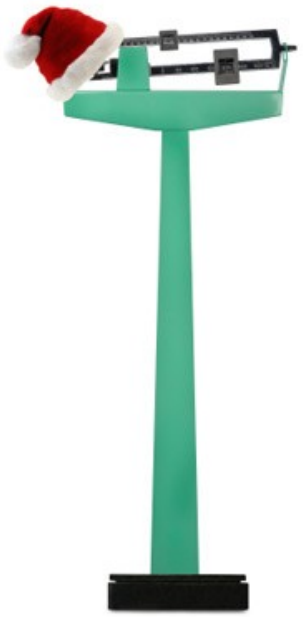
lays Without Totally Shattering Your Weight Management Goals

HEALTHY MINDSET FOR THE HOLIDAYS

STEVE HEASTON PHD, MPH

Take Stock of Your Personal Holiday Wellness Goals

- Maintain Weight
  - Lose Weight
    - Fit into Clothes
      - Stay Physically Fit
        - Maintain Healthy Behaviors
          - Be a Role Model for Others
            - Stay “Upbeat”



Watch Out for Hazards

- **Average Weight Gain**
- **Common Problems**
  - **Eating out / parties**
  - **Large variety of choices**
  - **High-calorie snacks & beverages**
  - **Cut back on physical activity**
- **Identify *your personal* Hazards?**
  - **Social pressure / willpower (Just**
  - **Disruption of healthy routines**
  - **Too busy**
  - **Communication**

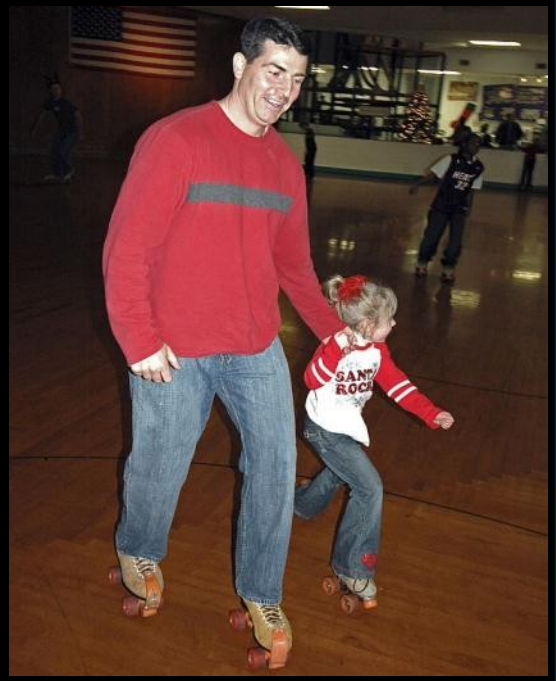
Plan for Success

- **Plan Ahead of Time**
- **Construct a Detailed Strategy**
  - **Dietary**
  - **Physical Activity**
  - **Psychological**
- **Stay Focused**
- **Communicate with Oth**

Handling Setbacks

- Reaffirm commitment
  - Identify triggers & coping skills
    - Identify self-defeating behaviors
      - Resolve associated problems
        - Seek support

Enjoy the Season …



NOFFS: Active Living Strategies For the Holiday Season

Diana Strock, MAT, ATC
Human Performance Program Manager & Advisor, NMCPHC & CPPD

Presentation Objectives

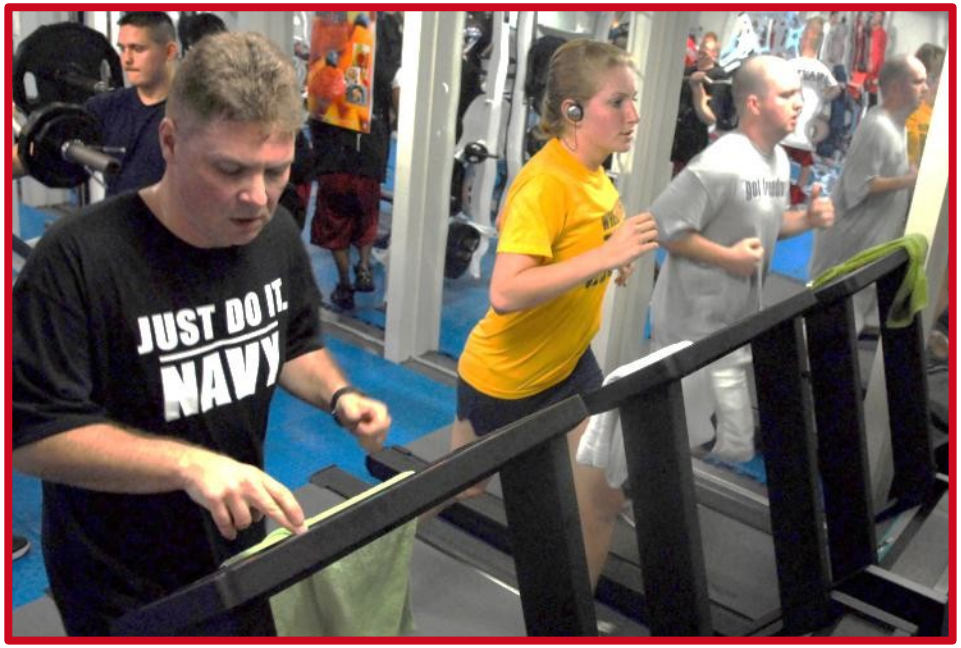
1. **Discuss strategies to increase active living daily practices throughout the holiday season.**
    - *Identify how to combat holiday sedentary obstacles.*
    - *Identify how to increase activity levels during busy holiday schedules.*
2. **Provide a successful holiday exercise model –**
    - *Share FY12 Navy/Air Force couple testimonial.*
3. **Introduce the Navy Operational Fitness & Fueling System**

Common Obstacles/Excuses: Active Living During *the* Holidays

- **Schedule:** ---- “I’m way to busy to exercise.”
- **Travel Obstacles: equipment, space, location**
  - “I’m traveling, so I can’t exercise the way I normally do
- **Weather:** “It’s too cold outside.”
- **Procrastination / Mental Validation:**
  - “I’ll wait to exercise until after the holidays. I’ll mak a New Years Resolution to exercise then.”
  - “Now is not the time to start a new exercise progran
  - “Holiday is about family…. not about me & exercise

Overcoming Obstacles

- **Schedule**
- **Travel Obstacles**
  - **equipment**
  - **space**
  - **location**
- **Weather**
- **Procrastination / mental validation**



LOSING body fat during the holidays? Is this possible?

A successful model:

- Navy Male Team Member

Date	Weight	Chest Caliper	Abdominal Caliper	Thigh Caliper	Fat lbs	LBM lbs	Body Fat Comp
11/10/2011	166	17	35	16	36.5	129.5	22.2%
1/5/2012	160	15	29	10.5	28.6	131.4	17.9%

- Air Force Female Team Member

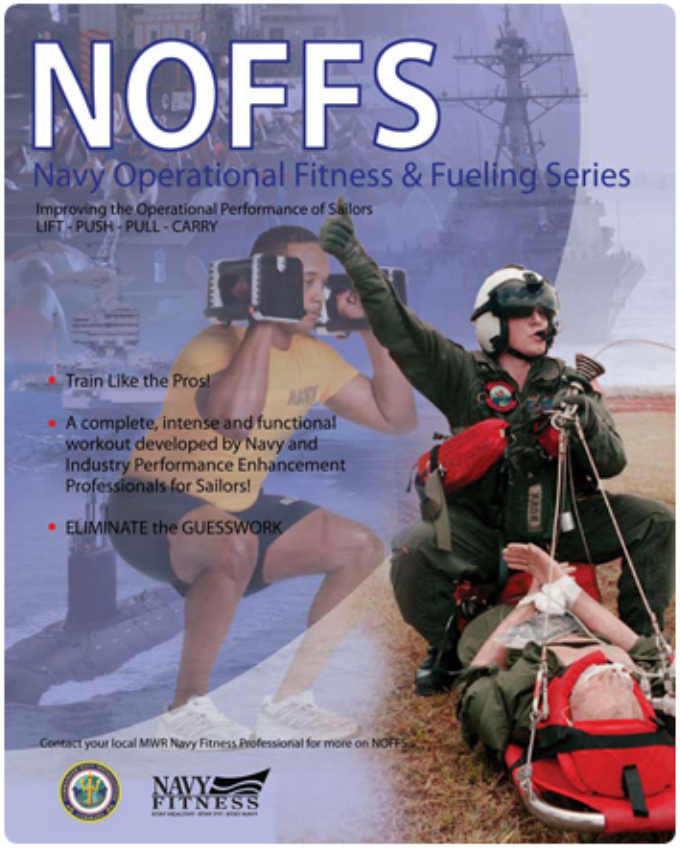
Date	Weight	Tricep Caliper	Suprailiac Caliper	Thigh Caliper	Fat lbs	LBM lbs	Body Fat Comp
11/10/2011	143	34	41	38.5	55	88	38.5%
1/5/2012	143.5	31	24	34	47.3	96.2	33.0%

NOFFS = Holiday Activity

Navy Operational Fitness and Fueling Series

Purpose

The Navy Operational Fitness and Fueling Series (NOFFS) is designed to provide the Navy with a "world-class" performance training resource for Sailors, as well as Navy health and fitness professionals. Using the latest sports science methodologies, the logic engine for NOFFS combines both human performance and injury prevention strategies, resulting in safer training while yielding positive human performance outcomes. The exercises used in the NOFFS product are designed to replicate the activities Sailors conduct in their operational duties: lifting, pushing, pulling and carrying. Developed as a complete fitness package, the Fueling aspect of this resource provides Sailors with the tools required to make healthy nutrition choices in both shore-based and operational environments.


NOFFS
Navy Operational Fitness & Fueling Series
Improving the Operational Performance of Sailors
LIFT - PUSH - PULL - CARRY
Train Like the Pros!
A complete, intense and functional workout developed by Navy and Industry Performance Enhancement Professionals for Sailors!
ELIMINATE the GUESSWORK
Contact your local MWR Navy Fitness Professional for more on NOFFS
NAVY FITNESS

Background

In 2009, Navy Subject Matter Experts (SMEs) began reviewing the existing exercise programs to determine how to best improve performance and

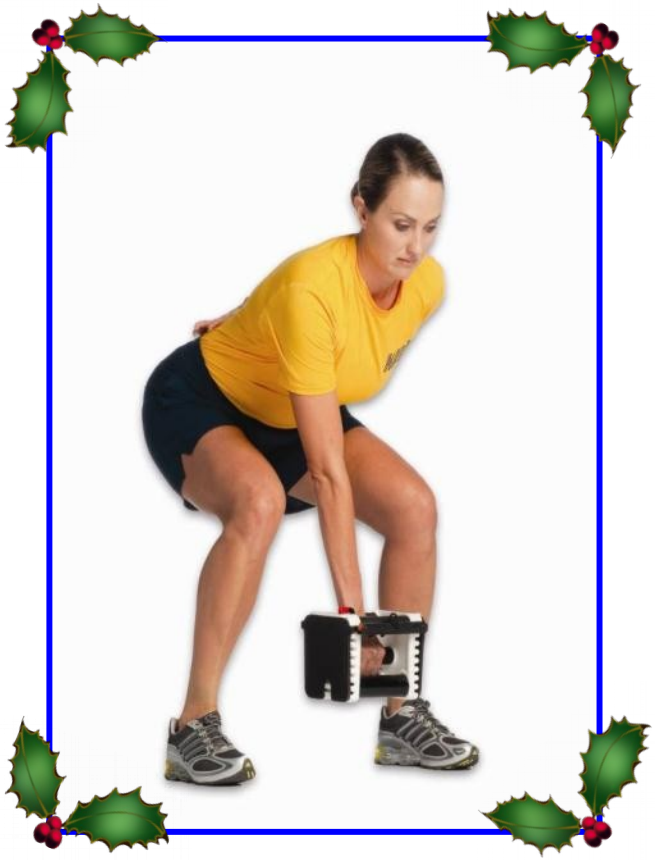
Project Overview
Product Review
Methodology
Training Program Intro
Coaching Tools
CFL Introduction
Equipment
Movement Library
Virtual Trainer
Virtual Meal Builder
Locate a Trainer
Marketing Tools
Downloads
FAQ
NOFFS Instructor Survey
NOFFS Experience Survey
Standards and Metrics
Policy and Directives

www.navyfitness.org/noffs

- **Background**
- **Location of Instructors/POC**
- **Virtual Trainer for NOFFS…. Step by step workout**
- **Hard copy files – downloadable**
- **Methodology**
- **Movement Library**
- **Equipment**
- **Coaching Tools**
- **NOFFS Survey/Eva**
- **Marketing Tools**

NOFFS Exercise Program Key Components

1. Pillar Preparation
2. Movement Preparation
3. Strength
    - Fit Kits
    - Dumbbells
4. Cardiovascular
5. Recovery



See COACHING TOOLS section on NOFFS Website

Simple Steps to Get Started

3 Simple Steps to Get Started!

Step 1: Choose a Level
This card series progresses you through 3 levels of training, each with 4 stages. Each level and stage will progressively increase the intensity and volume of the training session. If you are new to this programming start with level 1 to become familiar with the movements and set a solid foundation for your performance to build on. Progress to the next stage when you have successfully completed the prescribed number of circuits in the allotted time. Progress to the next level when you successfully complete Stage D with perfect technique in the desired time. If you are advanced it may not be long until you advance to the next level, however, it is very important to take the time during each stage to achieve mastery of the technique before increasing the resistance and advancing to the next level.

Step 2: How long do you want to work out?
Each program has three different lengths of workouts. Choose a workout time and follow the program that best fits your schedule. If you are new to the movements throughout the card series the duration of the workouts may be slightly longer. However, as you become familiar with the programming you will be able to complete the programs in the allotted time. Select a time below and follow the color dots throughout the training session.

● Short = 30 minutes ● Medium = 45 minutes ● Long = 60 minutes

Step 3: Start your Program!
Your training session will consists of 5 training components. Work through each component to complete your training session.

1. **Pillar Preparation**
   - Your Pillar – which consists of your hips, torso, and shoulders – represents the foundation for all your movement. "Pillar Prep" primes these critical muscles to prepare your body for the work ahead – helping to protect you from injury and boost your performance during your training session.
2. **Movement Preparation**
   - Lengthen, strengthen, and stabilize your body. "Movement Prep" consists of a series of active and dynamic stretches to help prepare you to move.
3. **Strength**
   - Strengthen the movements needed to perform on an operational platform. Pay close attention to the quality of your movement. Select a resistance that you feel challenged with for the number of reps prescribed.
4. **Cardiovascular Fitness**
   - Boost your endurance, leg strength, and speed through a variety of interval training options. The movements in this component are designed to target and develop your energy systems while efficiently burning calories.
5. **Recovery**
   - A critical component to any training program, recovery brings balance back to your body, helping to relieve tension and the associated aches and pains while enhancing your body's response to the training.

Training Frequency:
It is recommended to try to complete 3-4 training sessions per week. On recovery days, you can include the Warm up (Pillar Prep & Movement Prep) and Flexibility routines to assist in the recovery process and prepare you for your next training session.

Strength – Fit Kit Equipment

This strength option takes advantage of the FIT KIT equipment using bands and body weight as the primary source of resistance. This component is designed to strengthen the movement needed to perform on an operational platform. Pay close attention to the quality of your movement, once comfortable, select a resistance that you feel challenged with and adjust the tension of the bands by wrapping the band on your foot.

Stage:	A	B	C	D
Reps:	8	10	12	15

	Circuit 1	Circuit 2
● Short	x2	x1
● Medium	x2	x2
● Long	x3	x2

Circuit 1

1 GLUTE BRIDGE – 2 LEGS UP, 1 LEG DOWN

- With feet shoulder width, lift hips to create a line from knees, hips & shoulders
- Hold the top position while lifting your left knee towards your chest, then slowly lower your hips to the starting position with the right leg
- Keep back flat & torso engaged throughout the movement
- Complete reps, repeat on opposite side

2 PUSH UP (STANDARD)

- Assume a push up position with hands & feet on the deck
- Maintain a straight line from your knees to your ears as you complete the push up
- Push your sternum away from your hands at the top of the movement

3 SPLIT SQUAT (BANDS)

- Stand in a tall split position w/ a band under your front foot holding the handles at your shoulders w/elbows facing forward
- Drop hips towards deck by bending your front knee w/out letting your back knee touch the deck
- Return to tall split position by pushing up w/ your front hip
- Complete reps, repeat on opposite side

4 BENT OVER ROW (BANDS)

- Stand hinged over at the waist, knees slightly bent with both feet standing on the band, holding handles in each hand
- When rowing - slide shoulder blades toward your spine & then lift the handles to your body by driving elbows to the ceiling
- Keep torso engaged & back flat during movement

Circuit 2

1 SQUAT TO OVERHEAD PRESS (BANDS)

- Squat hips back & down until thighs are parallel with deck
- Return to standing by pushing through your hips
- At top of stance, press handles overhead
- Keep weight on arches & do not let knees collapse during the movement

2 T'S – BENT OVER (BANDS)

- Hinge at waist, back flat & chest up
- Glide shoulder blades back & down & raise your arms out to your sides to form a T
- Initiate movement with shoulder blades, not arms & keep thumbs up throughout

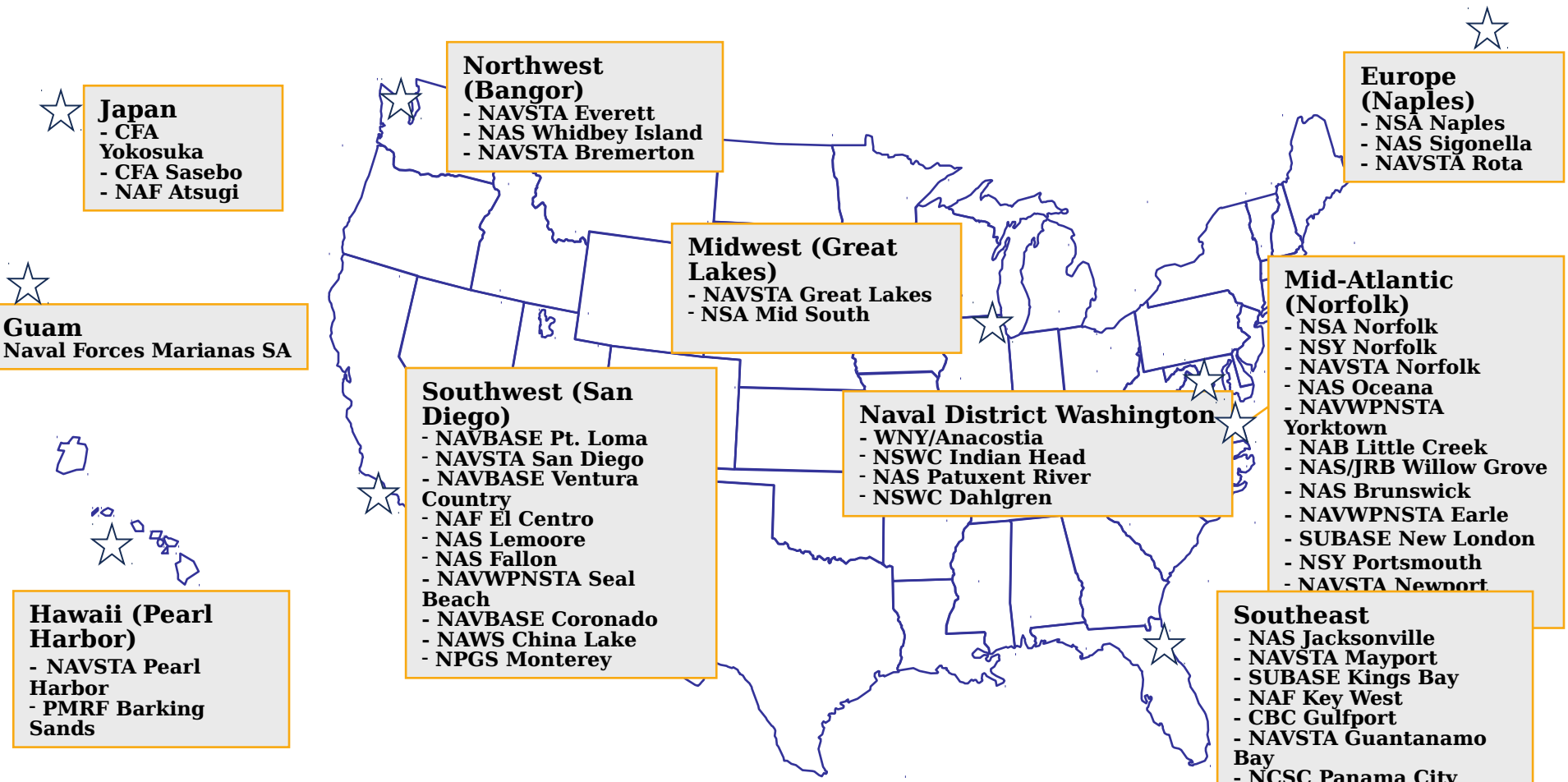
3 DYNAMIC LATERAL PILLAR BRIDGE

- Lie on your side with your forearm on the deck under your shoulder - feet stacked together
- Push your hips off the deck, creating a straight line from ear to ankle, hold for 1 -2 sec & return to starting position
- Repeat for reps & repeat on opposite side

4 CRUNCHES

- Lie faceup with knees bent, & hands across your chest
- Lift chest up until shoulder blades are off the deck & rotate your pelvis towards your belly button
- Slowly return to starting position & repeat for prescribed reps

NOFFS Delivery - Installations



NOFFS Virtual Trainer

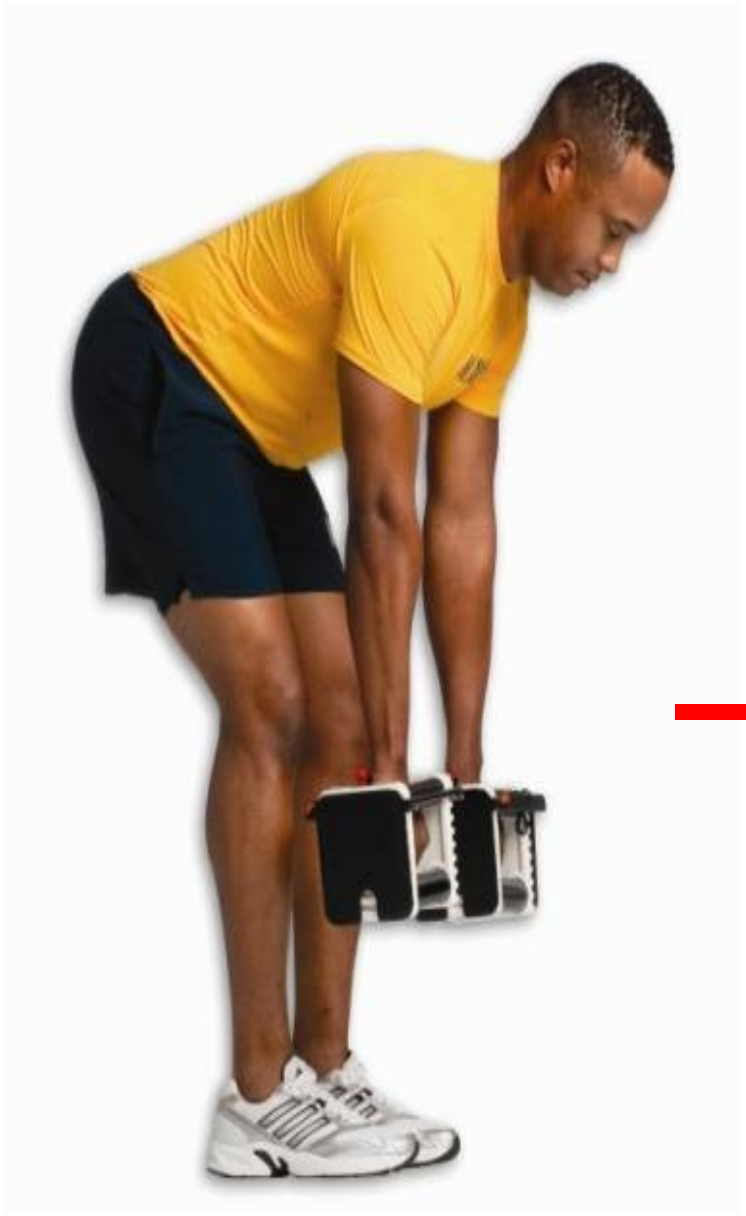
NOFFS: Navy Operational Fitness & Fueling Series
Surface Ship Series
Equipment
Full Equipment - Dumbbell w/ Stretch Strap
Cardio:
Cardio Conditioning
Stage:
Stage B
Level:
Level 2
Squat To Overhead Press - Dumbbell
PICS
VIDEO
10 REPS
1 SETS
1 CIRCUITS
Description
Starting Position:
Stand with your feet shoulder width apart, holding dumbbells at your shoulders with your elbows facing forward.
Print Summary
Pillar Prep | REPS
Pillar Bridge w/Arm Lift | 6
Glute Bridge - Marching (Knee Extension) | 6
Y's Bent Over | 6
Movement Prep | REPS
Mini Band - Bent Knee Lateral Walk | 4
Reverse Lunge, Elbow to Instep - In Place | 4
Lateral Squat - Low Alternating | 4
Inverted Hamstring | 4
Strength A | REPS
Romanian Deadlift - 1 Leg Dumbbell | 10
Bench Press - Alternating Dumbbell | 10
Split Squat - Rear Foot Elevated Dumbbell | 10
Bent Over Row - 1 Arm 1 Leg Dumbbell | 10
Strength B | REPS
Squat To Overhead Press - Dumbbell | 10
Lateral Pillar Bridge - w/Abduction | 10
Curl - 1/2 Kneeling Dumbbell | 10
Crunches | 10

NOFFS iPhone Application

iPhone Application is HERE

Over 13,000 downloads!

i-Pad Application is Coming Soon!



Romanian Deadlift (RDL) - Dumbbells

NOFFS = Operational AND Holiday Movement Patterns!

A time for gift exchange: Encourage Active Living

Frame personal

Mini-bands

Tricycle/bicycle
Exercise/yoga mat
Work out gloves or

Sweatshirt / sweat-suit
Activity event/trip or

ust a walk

Pedometer

Diana Strock, MAT, ATC

Senior Advisor, Human Performance & Public Health, CPPD

Program Manager, Active Living & Injury Prevention, NMCPC

diana.strock@med.navy.mil

YOU EAT. WE'LL FUEL

Healthy Eating During the Holidays

Sally J. Vickers, MS, CHES

General Guidelines:

- Balance Calories in with Calories Out
- Portion Control
- Limit Empty Calories from Alcohol
- Candies, Cookies, Oh My!
  - Limit Desserts
  - Halloween Candy

Attending Holiday Gatherings

- **Plan Ahead**
- **Focus on the Social Aspects, not the Food**
- **Strategies to Handle a Pot-Luck**
- **Serve Yourself!**
- **Say “No thank you”**
- **Savor Every Bite**

If the Event Includes a Buffet…

- **Decide in Advance**
- **Fill Most of Your Plate with the Healthy Stuff**
- **Don’t Take the Dessert on Your Firs**

When Hosting a Holiday Gathering

- **Lighten it up**
- **Don’t Tempt Yourself**
- **If Guests Offer, Make Healthy Suggestions of What to Bring**
- **If Guests Bring Food Gifts…**
- **Make Healthy Beverages Available**
- **Loose the Leftovers**

Additional Resources

- **NMCPHC Healthy Living/Nutrition Website at:** http://www.nmcphc.med.navy.mil/Healthy_Living/Nutrition/additional_resources.aspx

- **ChooseMyPlate at:** http://www.choosemyplate.gov/

- **USDA Nutrition Website:** http://www.nutrition.gov/

?

?

Q&A

?

?

Contact Information

Health Promotion and Wellness Department

Website:

www.nmcphc.med.navy.mil/healthy_living/

Evaluation

Please use the link below to connect to a survey where you can provide us feedback on this webinar. We appreciate your feedback along with any comments you can provide so that we may improve our webinar sessions.

http://www.surveymonkey.com/s/V3CZC6M